



Vernon Woods Retirement Community "Fit For You[®]" Calendar/January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Activity Contact Info</p> <p>Linda Siersma Life Enrichment Director (706) 812-2802</p> <hr style="width: 50%; margin: 0 auto;"/> <p>Denise Dixon Stewart Life Enrichment Director (706) 298-5551</p>	<p>1</p> <p>Happy New Year!</p> <p>9:30 Coffee Talk 10:00 Yoga Class</p>	<p>2</p> <p>9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 12:00 Lunch & Belk Shopping (Lagrange Mall) 2:00 Tai Chi 6:30 Moments w/Mike</p>	<p>3</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 2:00 Community Bingo 3:30 Reading Room 3:30 Farkle 6:30 Scrabble</p>	<p>4</p> <p>9:30 Coffee Talk 9:45 BP Check 10:00 Reading Room 2:00 Tai Chi 2:30 Beginner's Fitness 7:00 VC Bridge</p>	<p>5</p> <p>9:30 Coffee & Biscuit 10:45 Farkle</p> <p style="text-align: center;">2:00 Presentation on Vein Procedures by Ashley Stewart</p>	<p>6</p> <p>10:00 Coffee & Snack 2:00 Intercessory Prayer (Peace Chapel) 3:00 "DIY" Bingo (Bring 4 quarters)</p>
<p>7</p> <p>8:30 – 12:30 Church Transportation</p>	<p>8</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 3:00 Piano Music w/ John Cipolla</p> <p>4:00 Cuddle Buddies</p>	<p>9</p> <p>9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 12:30 National Law Enforcement Appreciation Luncheon 2:00 Tai Chi 3:00 Bocce Ball w/ Tracy 6:30 Moments w/ Mike</p>	<p>10</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 2:00 Community Bingo 3:30 Reading Room 3:30 Farkle 11:00-5:00 Scheduled Massage Therapy Appointments</p>	<p>11</p> <p>9:30 Coffee Talk 9:45 BP Check 10:00 Reading Room 2:00 Tai Chi 2:30 Beginner's Fitness 7:00 VC Bridge</p>	<p>12</p> <p>9:30 Coffee & Biscuit 9:30 DD&J's New Year's Café & Surprise Entertainment!</p> <p>2:30 Farkle</p>	<p>13</p> <p>10:00 Coffee & Snack 2:00 Intercessory Prayer (Peace Chapel) 3:00 "DIY" Bingo (Bring 4 quarters)</p> <p>6:30 Moments w/ Mike</p>
<p>14</p> <p>8:30 – 12:30 Church Transportation</p> <p style="text-align: center;">1:30 Bible Study w/ Jan T</p>	<p>15</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub 2:00 Bible Study- Marsha</p>	<p>16</p> <p>9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:30 "Draw Near to Hymn" Painting Class w/ Katie 6:30 Moments w/ Mike</p>	<p>17</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 12:30 Meet & Greet Luncheon 2:00 Community Bingo 3:30 Reading Room 3:30 Farkle</p>	<p>18</p> <p>9:30 Coffee Talk 9:45 BP Check 10:00 Reading Room 11:15 Merry Makers 2:00 Tai Chi 2:30 Beginner's Fitness 7:00 VC Bridge</p>	<p>19</p> <p>9:30 Coffee & Biscuit 10:45 Farkle</p> <p style="text-align: center;">2:00 Magician Joseph</p>	<p>20</p> <p>10:00 Coffee & Snack 2:00 Intercessory Prayer (Peace Chapel) 3:00 "DIY" Bingo (Bring 4 quarters) 6:15 (Outing) Saturday Night Dance</p>
<p>21</p> <p>8:30 – 12:30 Church Transportation</p>	<p>22</p> <p>9:30 Coffee Talk 10:00 Yoga Class 11:00 Rummikub Sometime between 1:30-3:00 we will do a Spur-of-the-Moment Activity. Be sure to listen for the One-Call so you will know.</p> <p>4:00 Cuddle Buddies</p>	<p>23</p> <p>9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 6:30 Moments w/ Mike</p>	<p>24</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 1:15 January Birthday Celebration (By Invitation Only)</p> <p>2:00 Community Bingo 3:30 Reading Room 3:30 Farkle</p>	<p>25</p> <p>9:30 Coffee Talk 9:45 BP Check 10:00 Reading Room 10:15 Communion & Bible Study 2:00 Tai Chi 2:30 Beginner's Fitness 5:30 Name that Tune w/ Dale Allen 7:00 VC Bridge</p>	<p>26</p> <p>9:30 Coffee & Biscuit 10:45 Farkle</p> <p style="text-align: center;">----- Lots of Fun & Entertainment tomorrow so relax this afternoon and get ready for a Super Saturday!!!</p>	<p>27</p> <p>10:00 Coffee & Snack 10:45 LaGrange Boardgame Outing 2:00 Intercessory Prayer (Peace Chapel) 3:00 "DIY" Bingo (Bring 4 quarters) 4:00 A.M.E.N.A Fusion Dancers 6:30 (Elyse & Bryce) Love @ 1st Write</p>
<p>28</p> <p>8:30 – 12:30 Church Transportation</p>	<p>29</p> <p>9:30 Coffee Talk 10:00 Yoga 11:00 Rummikub Sometime between 1:30-3:00 we will do a Spur-of-the-Moment Activity. Be sure to listen for the One-Call so you will know.</p>	<p>30</p> <p>9:30 Coffee Talk 10:00 Strong for Life Exercise 11:00 Terrace Bingo 2:00 Tai Chi 3:00 Cookies & Coffee w/ Grant 6:30 Moments w/ Mike</p>	<p>31</p> <p>9:30 Coffee Talk 10:00 ALL Shopping 11:00 "Use Your Noodle" 2:00 Community Bingo 3:30 Reading Room 3:30 Farkle 6:30 Yahtzee</p>	<p>All Exercise is held on Vernon Terrace 2nd Floor</p> <hr style="width: 50%; margin: 0 auto;"/> <p>Reading Room is held in the VC Quiet Room</p>	<p>Intercessory Prayer is held in the Peace Chapel (across from # 217) VC 2nd Floor</p>  	<p>Another Farkle Tournament begins on February 7th</p>